

# Insects Innovation in Gastronomy

## MODULE 4



### Module 4:

#### Creativity in Gastronomy for the Inclusion of Insects in Modern Gastronomy

**Disclaimer:**

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## Module 4: Creativity in Gastronomy for the Inclusion of Insects in Modern Gastronomy

### Unit 1: Entry of insects into kitchens

- **Objectives:** Introduction to the value of insect-based products and their place in the daily diet
- **Content:**
  1. The world's new sources of protein
  2. The place of insects in our kitchen
  3. Insect product innovation for different cuisines
- **Materials:** Video introducing the module and insect-based products

### Unit 2: Insect products in the athlete's kitchen

- **Objectives:** Explanation of how insect-based products can be used in sports nutrition and the world protein balance.
- **Content:**
  1. Meeting protein needs of athletes from insect products.
  2. Insect entagration into athlete food and beverages.
  3. The world's protein balance.
- **Materials** Animated videos and examples of highly nutritious drinks, pizzas, etc. that athletes can quickly prepare.

### Unit 3: Insect products in our home kitchens

- **Objectives:** Practical tips on how to overcome prejudices and use insect-based products in home cooking.
- **Content:**
  1. Different forms of insect products.
  2. Actions for family members.
  3. Inclusion of insect products in daily meals.
- **Materials:** A video on the preparation and recipes of highly nutritious, practical and quick-to-make foods and drinks that can be prepared quickly at home.

### Unit 4: The use of insect products in disaster situations

- **Objectives:** How insect-based products can be used in disasters such as earthquakes, floods, fires, etc. and the advantages they have.
- **Content:**
  1. What kind of food is needed in disaster situations?
  2. How can insect products play an important role in disaster conditions?

3. Foods that are easier to prepare including insect products.
- **Materials:** Materials: A video explaining what kind of food can be prepared in case of a disaster and the advantages of such food in terms of storage, nutrition, transportation, etc.

## Unit 5: Insects in the geriatric kitchen

- **Objectives:** How insect-based products can be used in elderly diets and their advantages for elderly metabolism.
- **Content:**
  1. Advantages of insect products for the elderly.
  2. Can insects cope with the nutritional needs of the elderly.
  3. To create different flavours that the elderly can eat with insect products.
- **Materials:** Preparation of easy-to-digest, easy-to-consume, easy-to-prepare foods such as beverages, snacks, breads, soups with insect-based products that can be prepared in accordance with the constitution of elderly people.